



Vol. 46, No. 38 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Oct. 21, 2005

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Services offers childcare for extended duty, exercises

By Master Sgt. Dominique Brown
374th Airlift Wing Public Affairs

Juggling mission requirements with child care needs can be a challenge, especially overseas. However, The 374th Services Division offers exceptional child care programs that are tailored to supplement extenuating duty requirements: the Family Child Care Program (FCC), School Age Program (SAP) and Child Development Center's (CDC) extended hours.

The Family Child Care Program assists military families when parents are required to work mission related duty beyond the standard 40-hour week. "We have around 36 slots available through Air Force FCC Homes. The availability of slots dependent upon your child's age," said Geraldine McNeil, Yokota's Family Child Care Coordinator.

"Licensed FCC providers are on hand to help during the upcoming exercises, deployments or other duty related needs," said Ms. McNeil. "If you are enrolled in the program, there is no charge for the extended child care."

"Extended duty" can fall under any of these categories: on-base mission related duties; extended duty days; temporary shift

changes; and rapid mobilization or deployments. To be eligible for the program, at least one parent must be active-duty, Reserve or Guard on active-duty, or a DoD civilian employee.

Ms. McNeil advises base members who might have the potential need for the extended child care to enroll quickly to reserve slots for their children with a FCC provider, especially with the upcoming Operational Readiness Exercises and Inspection.

Besides the FCC, the CDCs and School Age Programs offer extended care hours. This benefit is for dual military, single military and mission essential DoD civilian employees who already have children enrolled in the CDC or School Age Program. Normal operating hours are 6:30 a.m. to 5:30 p.m., but extended care hours are 5:30 a.m. to 6:30 p.m.

"We are here to support the mission," said Victoria Jones, program technician at the Yume CDC on the main side of base. However, she also emphasized that the staff at the CDC does their best to make the children comfortable during the exercises.

"The children do pretty well but they get tired with the long days. In the morning we give the children their mat and blanket if they want

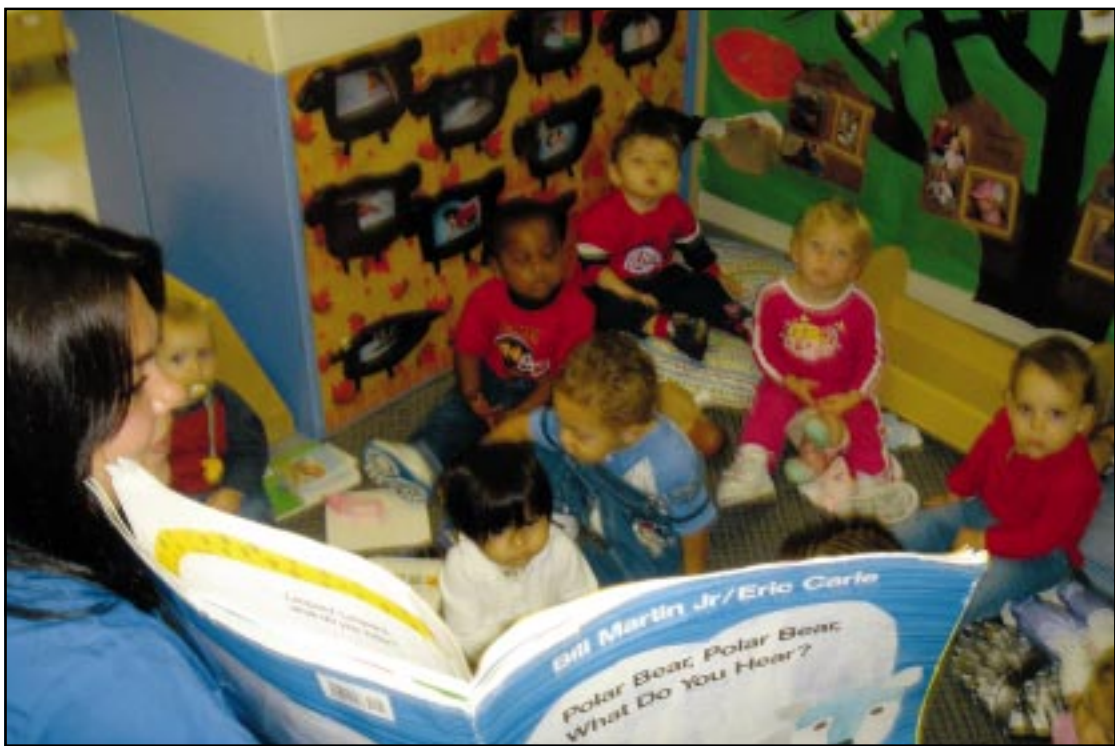


photo by Master Sgt. Dominique Brown

Children at the Yume Child Development Center listen while Christine Redd, CDC provider, reads them a book. Reading books to the children is just one of the many ways providers promote child development.

to lay down and go back to sleep, and in the late afternoon they get a mini meal in place of the usual snack since they will be getting home later than normal," said Ms. Jones.

Buster Winters, lead child development technician at the Kibo CDC on the east side agreed.

"During the extended hours we continue to work with the children one-on-one. It is a small sacrifice to stay open compared to the joy we get from the children," he said.

Both the Extended Child Care program and the CDC work together to try to accommodate each

family's individual situation Ms. McNeil said.

"The most important thing is to enroll before you have a situation," she said.

For more information or to enroll in the Extended Child Care program, call 225-8192.

New Web mail, servers provide more stability, better service

Deployed, TDY troops can access more features including calendars

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

The 374th Communications Squadron has been upgrading the e-mail servers for Yokota and one noticeable change is the way users access their Web mail accounts.

"Previously, people had to figure out the web mail system the first time they got on it," said Tech. Sgt. Cloyd Abordo, noncommissioned officer in charge of application services. "The old system looked completely different but

the updated web mail looks exactly like the users regular workplace e-mail inbox."

According to Sergeant Abordo, the changes came into effect in late August and provide a bit more than the old version for users.

One of the notable items about web mail is the information goes through a secure server, said Sergeant Abordo.

"Having a secure server enables users to be able to send information from work through the system and know that it has not violated operational

security," the sergeant said.

As the communications squadron has updated the Microsoft Exchange servers, they have added more servers.

"The servers have redundancy," said the sergeant. "With multiple servers we don't have the problem of the past when we only had one server. Now if one goes down, the service automatically switches over to another server."

The web mail address of <https://webmail.yokota.af.mil> also has two back-ups just in case users can't access the regular site. Users can access their account through <https://owa1.pacaf.af.mil> or at <https://owa2.pacaf.af.mil>.

One feature the new version of web mail does not have is access to a user's personal folders.

"If someone wants to have their personal folders they will have to take a copy with them," said the sergeant. "Users can contact their client support administrator to make the back-ups of their personal folders."

One tip Sergeant Abordo has for web mail users is before they go on temporary duty for an extended period of time is to be proactive and change their password before leaving.

He says it's a lot easier to make the change beforehand rather than when you are in the field.

For more information about web mail or how to use it contact your unit client support administrator or the communications focal point help desk at 225-8699.

ORI countdown: 142 days

Halloween thrills for all ages in Samurai Country

Whether you are five years old or 50, the base has something to offer during this year's Halloween season.

The following events are being held this year:

Kids Klub, Halloween-style: The Enlisted Club is putting a spin on its usual event from 4:30 to 8 p.m. Children are invited to wear costumes, and ages 12 and under eat free.

Halloween 5K race: The main fitness center is hosting its monthly race with a spooky theme beginning at 7 a.m. at Yokota Field Oct. 28. Runners are encouraged to wear costumes during the race.

Haunted House: The East Youth Center is creating a haunted house for this year's Halloween celebration. It will be open Oct. 28 to 31 from 5 to 7 p.m.

Junior enlisted Halloween party: All ranks are welcome to come in costume to this party at the Enlisted Club from 8 a.m. to 4 a.m. in the Oshawa ballroom Oct. 28. The first 50 people who come in costume receive a \$5 voucher for the bar.

Adult Freaky Friday VII Halloween party: The Officers' Club is hosting this annual event with games including a pumpkin-carving contest, bobbing for apples

and a costume contest. The fun begins at 5 p.m. Oct. 28.

Halloween moonlight golf: The Par 3 wants golfers to enjoy a round or two from 7 to 10 p.m. Oct. 28. Family and friends are invited to come in costume and compete for prizes. Participants must sign up with the Par 3 by Oct. 26.

Sixth annual children's Halloween party: All children are invited to come in costume with their parents to this party Oct. 29 from 5 to 6 p.m. There will be games, prizes, music, and food.

Halloween photo special: The Arts and Crafts Center is offering a special one-day photo sitting and prints Oct. 29 from 11 a.m. to 5 p.m. The cost is \$10 and includes the sitting and prints. No appointments or reservations necessary.

Trick or Treat and Halloween party: The East Youth Center is hosting games, a costume contest

and more during this event Oct. 29 from 6 to 8:30 p.m.

Halloween Spooky Splash: Children age six to 12 can splash into Halloween Oct. 29 from 7 to 10 p.m. at the Natatorium. The fun includes arts and crafts, pizza, desserts, and more. The cost is \$5 a child. Parents pick up children after the party.

Enlisted Club Halloween party: It all begins at 8 p.m. Oct. 29, including a costume contest, scream contest and more. The event is adults-only, and prize-winners must be club members.

Halloween party and costume contest: The Tama Lodge is hosting this celebration Oct. 29 beginning at 9 p.m. Cash prizes and heavy hors d'oeuvres are on the evening's menu.

(Compiled by 374th Airlift Wing Public Affairs from 374th Services Division)

Trick-or-Treat night

The base is opening its gates to off-base visitors for its annual Trick-or-Treat night Oct. 31 from 6 to 8 p.m. All housing areas here are open to visitors, however they must be sponsored and accompanied at all times by a SOFA-status ID cardholder. Japanese employees can sponsor up to three children from ages three to 12 that night between 5 and 9 p.m. ID cardholders can sponsor up to 10 adults and children.

Sponsors can meet and bring visitors on base through either the Fussa Gate or the East Gate. Sponsors are highly encouraged to park at the hospital parking lot or at the bank parking lot when meeting visitors at the gates. Visitors are encouraged to take the train or to walk to the gates to prevent parking and traffic problems around the gate areas.

One of Yokota's own strives to be the 'Military Idol'

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Army Staff Sgt. Linda Sterling is hoping to become the inaugural Military Idol.

The competition kicked off Oct. 17 at Fort Gordon, Georgia with the winner being announced on Sunday.

The winner of the competition will receive \$1,000, with \$500 going to the runner-up and \$250 for the third-place performer.

Sergeant Sterling won the Yokota Idol

competition at the Enlisted Club Oct. 8. Previously she had won a similar competition at Camp Zama, Japan; which qualified her to compete in Military Idol.

"I'm going in with the mindset of one shot, one kill. I'm hyped," said Sergeant Sterling. "This is destiny right here."

Even though Sergeant Sterling is active duty Army working at Camp Zama, she lives on Yokota with her husband Sergeant First Class William Sterling, who is the chief of Army disbursing at the Defense Finance and Accounting Service.

"I just want to thank the great community of Yokota for their support," she said. "Especially the folks from DFAS, since they are my sister unit."

The competition features 36 soldiers who all won a local contest on one of 36 Army installations world wide. The Military Idol competition will feature the contestants singing a cappella to start, then the field will be reduced from 36 to 16 contestants.

Sergeant Sterling says she has been singing her whole life and takes every opportunity to sing.



photo by Alan Armitage

Army Staff Sgt. Linda Sterling sings at the Yokota Idol competition Oct. 8.

Uniform board meets this month: WASHINGTON – The Air Force Uniform Board meets here Oct. 20 to 21 to consider Air Force uniform improvements and standardization.

The board will address various uniform requirements, including the Airman's new battle dress uniform, and Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel.

The major commands have gathered and submitted their recommendations to the board for review.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Service demographics offer snapshot of force: RANDOLPH AIR FORCE BASE, Texas (AFPN) – Air Force Personnel Center officials here recently published the quarterly demographics report offering a snapshot of the service's active-duty and civilian force, as of Sept. 30.

More information can be found online at <http://www.afpc.randolph.af.mil/demographics/>.

The Air Force's future path requires more jointness and interdependence between the total force, sister services and coalition partners.

Air Force Chief of Staff Gen. T. Michael Moseley spoke Oct. 11 about this vision for the future of the Air Force, but began with a vision of its recent past.

The Air Force has been at war now for nearly 15 years, he said.

Moseley: We are moving towards interdependence with sister services: WASHINGTON –

AD

Kudos

The following Japanese employees here were recognized for their dedication to serving the U.S. military:

For 10 years of service: Ms. Mari Akai; Mr. Kazuo Arahata; Mr. Takayuki Igarashi; Mr. Kazuhiro Ishii; Mr. Hiroyuki Ishizaki; Mr. Yoshikazu Ichikawa; Mr. Toshiaki Ito; Ms. Hiromi Iwakuma; Mr. Hiroshi Iwasaki; Mr. Toshihiko Iwahashi; Mr. Masahiko Uemura; Mr. Katsuya Ura; Ms. Michiko Urayama; Ms. Sumiyo Ohi; Mr. Eiki Ohkubo; Mr. Akio Ohbuku; Mr. Shinsuke Ohyama; Mr. Naoki Okada; Mr. Hiromichi Okabe; Mr. Masashi Ogino; Mr. Kenichi Okimoto; Ms. Yukie Okutomi; Mr. Kenji Oshikiri; Mr. Toshihiko Ono; Ms. Yuki Ono; Mr. Hiroshi Onozawa; Mr. Eiji Kasuya; Mr. Akihiko Katakura; Mr. Atsushi Kadokawa; Mr. Takayuki Kano; Ms. Chinatsu Kano; Mr. Masaaki Kamata; Ms.

Emiri Kannan; Mr. Makoto Kanbe; Ms. Michiko Kitamura; Mr. Yasuo Kimura; Mr. Taketoshi Kumagai; Ms. Lizete Yumi Gravel; Mr. Toshiya Kuri; Ms. Kikue Kojima; Mr. Hiroshi Kojima; Mr. Yoshinori Kojima; Mr. Hitoshi Kobayashi; Mr. Isamu Saito; Mr. Tsutomu Saito; Ms. Naomi Sakamaki; Mr. Kenzo Sakamoto; Mr. Satoru Sasaki; Ms. Kaori Sashida; Ms. Maki Sannohe; Mr. Takashi Shiga; Mr. Yoshio Shibasaki; Mr. Hiroyuki Shimazaki; Ms. Hidemi Shimada; Mr. Toshio Shimizu; Ms. Mieko Shirasawa; Ms. Akiko Suzuki; Mr. Hiroshi Suzuki; Mr. Yoshihiko Suzuki; Ms. Yoshiko Taura; Mr. Atsushi Takatori; Mr. Hideki Takahashi; Ms. Fumie Takahashi; Ms. Mitsuru Takahashi; Mr. Hideki Takamizawa; Mr. Hidemi Taguchi; Mr. Yoshiyuki Takeda; Ms. Tomoko Takemoto; Mr. Hiroo Tanaka; Mr. Yasuhisa Tanaka; Mr.

Tamaki Tanabe; Ms. Yumika Tsuji; Ms. Kimiko Deguchi; Mr. Koji Terui; Mr. Kenichi Todoroki; Mr. Tsutomu Tomi; Mr. Yuji Toyooka; Mr. Yasuyuki Nakazawa; Mr. Nobuhiro Nakajima; Mr. Minoru Nishio; Mr. Ikuro Nishioka; Ms. Akiko Nishiyama; Mr. Yuji Nozaki; Mr. Mochiaki Nomura; Mr. Yoshihisa Hashimoto; Mr. Seicho Hasegawa; Mr. Hidejiro Hanazuka; Mr. Kazuki Hamada; Mr. Toji Hayakawa; Mr. Munenori Harase; Ms. Atsuko Hiraishi; Ms. Yumiko Hirashima; Ms. Etsuko Hiwatashi; Ms. Emiko Fukushi; Mr. Keiji Fujisaki; Ms. Miho Fujiwara; Mr. Kenta Maeda; Mr. Shuichi Machida; Mr. Fumio Mamiya; Mr. Susumu Mikuni; Ms. Aya Mitsunaga; Ms. Namiko Mitsuhashi; Ms. Kumi Minowa; Mr. Isamu Miyazaki; Mr. Kazumi Miyazaki; Mr. Masakazu Miyata; Mr. Masaki Mochida; Ms. Junko Yamaguchi; Mr. Tetsuo

Yamaguchi; and Mr. Satoshi Yamada.

20 years of service: Mr. Tsutomu Akiyama; Mr. Noboru Igarashi; Ms. Akie Ikegami; Mr. Yoshiyuki Ishii; Mr. Toru Ito; Mr. Kaoru Inoue; Ms. Kimie Inoue; Mr. Kazuhiko Imanishi; Mr. Katsunori Enokido; Mr. Yoshiaki Ohno; Mr. Manabu Okabe; Mr. Takamichi Otsudo; Mr. Masashi Kashiwaba; Mr. Nobuo Kato; Ms. Misako Kato; Mr. Masaharu Kawagishi; Mr. Hatsuo Kikuchi; Mr. Yasushi Kishino; Mr. Teruo Kitajima; Mr. Fumio Kitajima; Mr. Shigeo Kuwabayashi; Mr. Yoshiyuki Koshino; Mr. Hiroyuki Komine; Mr. Toshiyuki Koyano; Mr. Hiroyasu Sakaguchi; Ms. Naoko Sato; Mr. Nobuhiro Sato; Mr. Hidemi Sato; Mr. Toshio Shimada; Mr. Shigeru Sugiyama; Mr. Akihiko Suzuki; Mr. Tetsuhiro Suzuki; Ms. Akemi Sunaoshi; Mr. Satoru Sokura; Mr. Takashi

Tateno; Mr. Tomonori Tamano; Mr. Takashi Teramoto; Mr. Kazuhiko Domae; Mr. Yasuo Togashi; Mr. Susumu Nakano; Mr. Toshimi Nakano; Mr. Norikazu Nakamura; Mr. Nobuyuki Nagayama; Mr. Hirofumi Haji; Mr. Shinji Hashimoto; Mr. Takeshi Hada; Mr. Tomio Haraikawa; Mr. Suguru Fuse; Mr. Umeaki Funaki; Mr. Katsumi Hosoya; Mr. Hiroshi Magome; Mr. Harunobu Masuoka; Ms. Fusako Matsuura; Mr. Ikuhiro Mukuta; Mr. Hideaki Morita; Mr. Hiroaki Moroe; Mr. Jun Yamaguchi; Mr. Eiji Yamamoto; Mr. Hirofumi Yamamoto; Mr. Koji Yokoyama; Mr. Yasuaki Yoshikawa; and Mr. Takashi Watanabe.

30 years of service: Mr. Satoru Saito; and Mr. Kenichi Tomizawa.

Retiring from service to the U.S. military: Mr. Shinichiro Uchida; Ms. Hidemi Tanaka; Ms. Megumi Tsukahara; Ms. Kaoru Masuda; and Ms. Yoshiko Ichikawa.



photo by Senior Airman Katie Thomas

‘Look at that one, mom!’

Community members glance over the American and Japanese classic cars display at the first Auto Hobby Car Show Saturday near the Par 3. The show featured more than 70 cars including Indy and drag race cars, motorcycles, custom body cars, demonstration cars and more. Car fanatics competed in several contests including best private tuner, best audio system and best exhibitor.

AD

Honor, love is part of job description

Fallen security forces Airman leaves behind lasting impression

By Capt. Kevin Tuttle
45th Space Wing Public Affairs

PATRICK AIR FORCE BASE, Fla. (AFPN) – Many of you have probably heard of the death of Airman 1st Class Elizabeth Jacobson. She was the first female Airman to die in the line of fire duty supporting Operation Iraqi Freedom, and the first Air Force security forces member to perish. She was only 21 years old.

Airman Jacobson died while providing convoy security near Camp Bucca, Iraq. An improvised explosive hit the vehicle in which she was riding Sept. 28. She was assigned to the 17th Security Forces Squadron at Goodfellow Air Force Base, Texas

I had the honor of being her family's liaison to the news media Oct. 9 at her funeral, since her hometown was in nearby in Riviera Beach. In addition to phone calls before the funeral, I got to spend about 45 minutes with Airman Jacobson's father, mother and stepmother.

This was probably the hardest thing I've ever had to do in my life. What do you say to someone who has just lost a child? How does one sympathize without being able to empathize? I had never been to a funeral because I had never had anyone close to me pass away.

So I knew working with the family that it would be emotionally very difficult for me. I cannot imagine the sorrow parents must feel after losing their child.

Arriving at the funeral home near Ft. Lauderdale, Fla., the magnitude of the situation hit hard. I didn't feel worthy to console the family because finding words was so difficult.

However, something happened when I walked in to meet the parents. They were so thankful to have Air Force members at the funeral, including Col. Scott Bethel, commander of the 17th Training Wing at Goodfellow; Maj. Kenneth O'Neil, 17th SFS commander; and Chaplain (Maj.) Peggy Wilkins and the honor guard from Patrick.

David Jacobson, Airman Jacobson's father, told us stories about Elizabeth. He spoke of her love of the Air Force and her security forces duties; her desire to be a chief master sergeant someday; and the way she always volunteered to do the jobs no one else wanted. The fateful convoy mission was one such duty she had tried to get for a long time, rather than be in the guard tower where it was relatively safe.

The part that was so surprising to me was the outpouring of support her family bestowed on the military members, for the jobs we all have to do to protect this nation. There were no sentiments of bitterness or anger toward the military.

"People don't understand that if we don't win the war in Iraq, the United States will not exist," Mr. Jacobson said. "Elizabeth

liked being a troop and was so proud. She made the ultimate sacrifice for our nation and the cause of freedom."

I felt rushes of humility and pride as they laid her to rest with all her mourners around her -- seeing our honor guard perform the ceremony, hearing "Taps" and

hearing and feeling the flyover of two T-38s Talon aircraft.

I have never been as proud to be a member of the Air Force as I was that Sunday.

It made me realize that even though some of us haven't deployed, haven't directly supported Operation Iraqi Freedom or the global war on terrorism, we all play a vital role to protect the citizens of the

United States.

We just have to do our jobs with honor and with the love that Airman Jacobson showed for her job -- and that her family showed for her and all of us who wear the uniform.



memorial photo by Staff Sgt. Scott Campbell

A final memorial to Airman 1st Class Elizabeth Jacobson sits at a base chapel in Southwest Asia Oct. 6.

Proper prior planning prevents pitifully poor performance

By Staff Sgt. Thomas Brick
332nd Expeditionary Contracting Squadron

BALAD AIR BASE, Iraq (AFPN) – As a young Boy Scout sitting in a junior leadership training class, I was taught something that sticks with me to do this day. The subject was the Seven Ps: Proper prior planning prevents pitifully poor performance. This phrase ties in very well with our day-to-day mission here.

Being deployed to the desert puts us in the spotlight; we are the lead element of our Air Force. The Seven Ps should be utilized while deployed more than ever, because if we fail to properly plan here then the poor performance to follow could be the loss of

life or multimillion dollar aircraft.

But the Seven Ps aren't just useful for the big things: they are useful in everyday operations and can make your job much easier. When any project comes to you, you should immediately set a plan in motion to not only get it accomplished, but to get it accomplished the right way.

We never should just slap something together and call it good. Field-expedient fixes are fine, but as soon as we get that fix in place we need to start planning to do it right and not just put it off. This goes back to our core value of "Excellence In All We Do;" it is something that sets us apart.

This also applies to procedures and plans

that were in place before we arrived. If you see something you know is not working well and causes problems, don't just shrug it off and say, "That is how we do it here."

As a Boy Scout, I was taught to leave a place better than I found it. That can mean simply cleaning up after yourself and what others may have left behind, or it could mean improving the place by making things work better.

Do you really want to deal with a field-expedient fix for some extended period of time? Do you want to just meet the minimum requirement of the mission?

Take advantage of your time to make your shop and your base better for you and those who will follow you by using the Seven Ps.

Action.lines-1@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number if you need to be contacted for more information is needed.



Col. Scott Goodwin
374th Airlift Wing commander

Q Is there anything that can be done about the loud music on base? My wife and I live on the eighth floor of a tower and are awakened two to three times a night from vehicles driving by with their loud music.

Also, is there anything that can be done about the illegal parking on base, especially at Bldg. 314?

A These are two important topics because Yokota is a small community where we live and work in very close proximity to each other. Everyone should already be aware that base regulations state that all residential areas (dormitories and base housing) observe 24-hour quiet hours. It is our responsibility as military members, civilians and dependents to maintain a high quality of life here on Yokota. If you identify someone playing music too loud, please call the law enforcement desk at 225-7227 and report the license plate of the vehicle. Without the plate number, it is very difficult for our SFS to identify them. Illegal parking should also be reported to the law enforcement desk with the license plate for identification of the offending vehicle. There are few reserved spaces on base and they are reserved for a reason. Reported violators will be ticketed, and for those who continue to violate the law, they will have their driving privileges revoked. We all know the rules, let's do the right thing and follow them.



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DUI Prevention

Oct. 2 – Oct. 11	0
Total DUIs in September	0
Total in 2005	6

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Peering through window to world of 'sniffing'

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

Security Forces military working dog handlers perform unique functions in the Air Force at bases around the world, but not every handler gets the opportunity to train with customs agents of their host nation.

Military working dog handlers here trained with Japanese K-9 agents from Narita and Osaka as part of a joint training opportunity established with the Government of Japan nearly six years ago.

"This training program was established so handlers from Yokota could train with handlers from Tokyo, Narita, Nagoya and Osaka Customs," said Mr. Naokazu Tajika, 374th Security Forces Squadron K-9 handler. "This last exercise was conducted here but we have also trained at Narita Airport where we toured facilities and watched and participated in training with Narita dog handlers."

The handlers' value learning through the training exercises, but the dogs really benefit from learning in environments new to them.

"I have personally learned from watching these dog teams how they conduct

searches throughout the airport such as luggage sweeps and people searches," said Staff Sgt. Kurt Otto, 374th SFS military working dog trainer. "We also see some of the newest customs dogs brought here and watch them go from learning basic protocol training all the way up to where these dogs are at now – equivalent to Yokota's K-9 teams."

"All these training scenarios are something we learn in school, but we rarely get to apply them to our dogs – for example, protocol training. We have a real sense of accomplishment when seeing the final product, knowing we played a part in training that dog in some aspect."

On a normal day, GOJ customs agents are limited to certain training scenarios in areas such as luggage and postal facilities, said

Mr. Masayuki Wakatake, Tokyo Customs Chief Instructor.

"We gain a lot of experience from training at Yokota because of the wide variety of training scenarios the kennel staff has available," said Mr. Wakatake. "Our dogs and handlers can train in areas ranging from the base theater, large vehicles like busses, tractor/trailers and forklifts, warehouses, schools and even inside airplanes."

In addition to training in new areas, the K-9 team here also extended the amount of time a team will participate in a training scenario to test the dogs' and handlers' ability to search for extended amounts of time and build confidence among the teams.

"Our teams are limited to 10-

minute scenarios at our training facilities," said Mr. Wakatake. "Sergeant Otto was able to increase the training time for each training problem to a minimum of 35 minutes to a maximum of one hour for a single training scenario. We also were able to experience what Yokota K-9 teams go through when they are called out for a bomb threat on base. Each team conducted a 35-minute simulated bomb threat scenario where the teams had to wear a 40-pound flak vest and helmet while searching a warehouse. Our handlers were very impressed with the scenario."

At the end of the training period, the Japanese customs dog handlers reflected on the training they received and the effect it had on their dogs and their handling ability.

"I was very impressed with the quality of the scenarios," said Mr. Yoshiyuki Nakayama, Osaka customs K-9 handler. "I want to thank Tech. Sgt. Anthony Riley, 374th SFS kennel master, and Sergeant

Otto for teaching me how to slow my dog down while searching. It makes my dog easier to control while conducting a more thorough search of each training scenario. The scenarios were very beneficial – everything I was taught here I can take back to Osaka and help other dog handlers with their training."

Mr. Wakatake said the training scenarios were an overall success and he looks forward to training with the Yokota military working dog teams again in the future.

"In order for the Japanese Customs agencies to train here at Yokota, we need a lot of coordination and cooperation from various agencies on base," said Sergeant Otto. "The help and support we received made the training scenarios a complete success. While the training only lasted a week for each of these teams, the bonds of friendship we forged with our host nation will last a lifetime."



photos by Staff Sgt. Karen J. Tomasik

Above, Osaka Customs K-9 handler, Yoshiyuki Nakayama, works with his dog Squall to detect explosives among buses and tractor/trailers parked on the East Side of Yokota Air Base as part of a joint training exercise with Government of Japan Customs agents. Left, Okawar Tadashi and his K-9, Spark, check the outside of a bus for potential explosive devices during an exercise Oct. 11.



AD

Off base

Tachikawa civic fair: This carnival this Saturday and Sunday features stage performances, local booths, entertainment, a children's play area, flower arranging, K-9 demonstrations and more. It is located next to the Takashimaya department building at the JR Chuo/Ome Tachikawa Station.

Fussa Fureai Festival: People can enjoy games, food booths and stage entertainment during this celebration Sunday near the JR Ome Line's Ushihama Station. There will be a smoke house, pregnancy suit, blind walk and more to simulate possible emergency situations. There will also be street performers and TV characters.

JASDF Iruma Air Base air show: The Japan Air Self-Defense Force's premier air show "Blue Impulse" will perform Nov. 3 between 9 a.m. and 3 p.m. The base is located near the Seibu Ikebukuro Line's Inariyama Ken Station.

Cosmos Matsuri: Showa Memorial Park has more than 1.3 million flowers in bloom that are on display through Nov. 6. The feature flower smells like chocolate. Visit <http://www.ktr.mlit.go.jp/showa>.

Tama City Halloween: Tama City is hosting several Halloween activities Oct. 28 to 30 including trick-or-treating, a flea market, and stage shows. Stop by the Yujo Recreation Center for more information.

On base

Movies

Today – *Undiscovered*, PG-13, 7 p.m.; *Two For The Money*, R, 9:30 p.m.

Saturday – *The Skeleton Key*, PG-13, 2 p.m.; *Undiscovered*, PG-13, 7 p.m.; *Two For The Money*, R, 9:30 p.m.

Sunday – *The Skeleton Key*, PG-13, 2 p.m.; *Two For The Money*, R, 7 p.m.

Monday – *Two For The Money*, R, 7 p.m.

Tuesday – *Undiscovered*, PG-13, 7 p.m.

Wednesday – *Two For The Money*, R, 7 p.m.

Thursday – *The Skeleton Key*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Climate survey

The Air Force climate survey begins Saturday and runs through Nov. 23. The survey provides actionable feedback for leadership to use in improving their units. All active duty, Reserve, Guard, and Air National Guard Airmen are encouraged to take the survey. To take the survey, visit <https://afclimatesurvey.af.mil>.

Locks of Love

The Army and Air Force Exchange Services is hosting a hair-cutting ceremony for the Locks of Love organization Saturday beginning at 11 a.m. on the first floor of the Yokota Community Center.

Closures

The war readiness element is closed Monday through Oct. 28 for its annual inventory. The element will have limited services for deployments and weapons. Call 225-7755.

The military personnel flight's customer service office is closed today for server upgrades. The office is not able to access any common access card, dependent identification cards, DD Form 1172s, or Tricare information during the upgrades.

Screening fair

The Educational and Developmental Intervention Services office is holding its annual developmental screening fair Tuesday from 8:45 a.m. to 3 p.m. at Bldg. 1374. Call 225-9993.

Red Cross

The Red Cross is offering a babysitting training class Dec. 3 from 8 a.m. to 4 p.m. The cost is \$25. This class is highly encouraged for teens who wish to babysit on base. Call 225-7522.

The Red Cross is also hosting

a standard first aid with AED on Dec. 10 from 8 a.m. to 3 p.m. The class is \$35 a person. Call 225-7522.

Renovations

The base Burger King is undergoing renovations. Drive-through service only will be available Monday through Oct. 23. Both walk-in and drive-through services will be offered Oct. 21 from 4 to 10 p.m. It will be entirely closed Oct. 24 to 30.

Comedy show

The Enlisted Club is hosting a stateside comedy show Saturday beginning at 9 p.m. It is an adults-only event. Call 227-8820.

Arts and Crafts fair

The second annual Arts and Crafts Fair is scheduled for Oct. 29. Vendors can sign up now to sell items by calling 225-9044. The cost is \$35 or 3,800 yen for vendors.

Civilian insurance

The American Foreign Service Protective Association will give a briefing on insurance issues Nov. 7 at 11 a.m. at the Enlisted Club. The briefing is open to all DOD appropriated-fund employees.

Art auction

The Yokota High School Project Graduation* is hosting a bazaar and art auction at the Officers' Club Nov. 12. The auction presale and preview starts at 5 p.m., and the auction begins at 6 p.m. Volunteers are also needed. Call 227-9931 or 227-3478.

Civilian health benefit

The Federal Employees Health Benefit open season runs from Nov. 14 to Dec. 12. Employees may review information on health plan changes and premiums for 2006 at <http://www.opm.gov/insure/health/index.htm>.

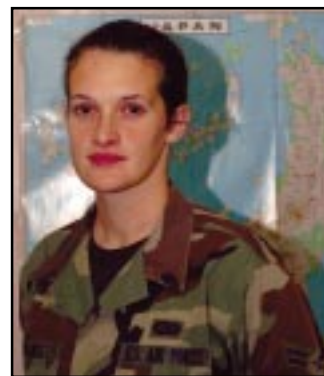
Pet grooming

Pet-owners can book appointments for November starting Monday. Call 225-8906.

Samurai Warrior



of the Week



**Airman 1st Class
Nikoletta Kanakis**

Airman 1st Class Nikoletta Kanakis, 374th Communications Squadron, is this week's Samurai Warrior of the Week for possessing the absolute loyalty to one's superior and to her assigned profession.

Airman Kanakis provided an in-depth video compilation highlighting the U.S. Air Force in action to be featured on the Discovery Channel. She is the 374th CS Dorm Council president. She led her dormitory in being selected as "Best of the Best" for the fourth quarter, receiving \$2,000 for quality of life improvements.

Meetings

The Sons of Hawaii* meet every third Saturday of each month. All base members are welcome to attend. Call 227-9219.

The Filipino Association* meets every third Saturday of each month at the Traditional Chapel beginning at 6 p.m. All community members are welcome to attend.

The Tanabata Dancers* meet every Friday at the Taiyo Recreation Center from 6:30 to 8 p.m. Community members are invited to learn traditional Japanese dance and join the organization. E-mail tanabata_dancers@hotmail.com.

Girl Scouts

The Girl Scouts are hosting a "Pumpkin Patch" at the base commissary Saturday from 10 a.m. to 4 p.m. Community members can buy and weigh pumpkins, fall baked goods, photographs, and face painting. Call 225-3623.

Chapel events

All singles are invited to a Tuesday night homemade meal and Bible study beginning at 5:30 p.m.

in the building behind the Traditional Chapel. Call 225-7009.

Chapel Schedule

Traditional (West) Chapel

Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Korean service, Sundays at 2 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Call 225-7009.

Publicity

Private organizations and military units can advertise its activities by sending information to fuji.flyer@yokota.af.mil, afn.publicity@yokota.af.mil and yokota.bulletin@yokota.af.mil.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“Baseball is the only sport I know that when you’re on the offense the other team controls the ball.”

Ken Harrelson

Football Frenzy: Both the Officers’ and Enlisted Clubs host Football Frenzy every Tuesday beginning at 7 p.m.

Tour de Tama XVII: Take on Tama Hills in this mountain bike race scheduled for Nov. 5. Participants must sign-up by Nov. 4. Call 225-4552.

Soccer clinic: The Tokyo Verdy soccer team is hosting a clinic Nov. 6. Base soccer coaches can register their teams by calling 225-7021.

Golf: The Par 3 hosts a weekly “Hump Day” tournament every Wednesday from 10 a.m. to 7 p.m. Call 225-8815.

Natatorium: Children age 10 and younger must demonstrate adequate swimming abilities to earn a deep water card, allowing them to swim at the deep end. Call 225-6133.

Coaches needed: The base fitness and sports office is accepting resumes for varsity soccer coaches through Nov. 1. Call 225-8889.

Hatha yoga: The Natatorium hosts a Hatha yoga class weekly. Call 225-8891.

Halloween 5K: The main fitness center is sponsoring a Halloween 5K Oct. 28 at 7 a.m. at Yokota Field. Participants are encouraged to be in costume for the race. Call 225-6613.

Rolling with the punches

Boxing champion gives tips on how to be a ‘contender’

(Editor’s note: The following article is part of an on-going series about the different classes that are offered at Yokota to help community members be fit.)

By 1st Lt. Ben Alumbaugh
374th Airlift Wing Public Affairs

As the classic movie line states “I could have been a contender!”; members of Yokota can be a contender or at least look like one by taking the boxing class at the Taiyo Recreation Center.

Master Sergeant Rick Roberts, from the 730th Air Mobility Squadron, teaches the class on Mondays, Wednesdays and Fridays from 6 to 8 p.m.

This is no ordinary boxing class though. Roberts, who fought under the handle Rick Yoshimura, the name of one of his sponsors, held the Japan Boxing Commission’s junior-welterweight title from 1988-91 and the JBC lightweight belt twice in the 1990s.

Along the way, he earned a No. 3 World Boxing Association lightweight ranking and set a JBC record for consecu-

tive title defenses: 22, from January 1995 to November 2000.

The class is not intended to solely train people to become boxers. The class also offers people the chance to improve their fitness.

“I run the class like a regular boxing gym,” said Roberts. “We jump rope at the start of the class and then students wrap their hands. For beginners I show them the basics such as how to stand and throw a jab and different types of punches.”

Roberts says once a person learns those techniques then they move on to shadow boxing, so they can practice the basic techniques.

On the fitness side, the class gives students the opportunity to work on a variety of muscle groups and cardio vascular training as well.

“Just jumping rope for 15 minutes is a great cardio workout,” said Roberts. “Then once you start hitting the mitts, you will get quite a workout ... believe me.”

Students are given the opportunity to work on technique and fitness through several different means. Students shadowbox, work on punching bags and speed bags, and get a chance to work on the mitts.

After the boxing portion there is a cool down segment which still incorporates cardio along with other exercises, such as crunches,



photos by 1st Lt. Ben Alumbaugh

Above, Rick ‘Yoshimura’ Roberts works with Amanda Scoughton on her form while having her work on the mitts. Below, Roberts leads the class in cool down exercises after the class. The exercises include a mixture of aerobic and anaerobic exercises to give students a full body workout.

squats, push ups, and mountain climbers to provide a full body workout.

“I know not everyone who comes in wants to take this to a higher level,” said Roberts. “But just participating in this class you will still get the benefits of the regimen.”

“Boxing is a great way to develop mental focus and work on your discipline too,” he said. “It takes time to get the movements down and to see improvement in your endurance.”

Roberts also says the class is open to all and he usually has a good mix of ages, races and men and women.

“When people first come in I hand them a jump rope,” Roberts said.

“Everyone in the class started at the same point and really everyone is just a beginner so there is no need to be intimidated.”

For more information about the class call 225-6955 or send an e-mail to rickyoshimura_v22@yahoo.com.



AD